



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 15009, Fish, carp, cooked, dry heat

Report Date: June 25, 2017 17:35 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	69.63	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Energy	kcal	162	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Energy	kJ	678	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2014
Protein	g	22.86	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Total lipid (fat)	g	7.17	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Ash	g	1.87	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Carbohydrate, by difference	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/1987
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	09/1987
Minerals													
Calcium, Ca	mg	52	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Iron, Fe	mg	1.59	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Magnesium, Mg	mg	38	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987

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Phosphorus, P	mg	531	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Potassium, K	mg	427	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Sodium, Na	mg	63	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Zinc, Zn	mg	1.90	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Copper, Cu	mg	0.073	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Manganese, Mn	mg	0.050	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Selenium, Se	µg	16.2	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	1.6	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Thiamin	mg	0.140	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Riboflavin	mg	0.070	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Niacin	mg	2.100	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Pantothenic acid	mg	0.870	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Vitamin B-6	mg	0.219	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Folate, total	µg	17	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	17	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987

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Folate, DFE	µg	17	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2001
Vitamin B-12	µg	1.47	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Vitamin A, RAE	µg	10	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2002
Retinol	µg	10	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2002
Vitamin A, IU	IU	32	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Lipids													
Fatty acids, total saturated	g	1.388	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
14:0	g	0.146	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
16:0	g	0.842	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:0	g	0.237	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Fatty acids, total monounsaturated	g	2.985	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
16:1 undifferentiated	g	0.840	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:1 undifferentiated	g	1.474	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
20:1	g	0.091	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:1 undifferentiated	g	0.515	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Fatty acids, total polyunsaturated	g	1.835	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:2 undifferentiated	g	0.663	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:3 undifferentiated	g	0.346	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:4	g	0.074	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
20:4 undifferentiated	g	0.195	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
20:5 n-3 (EPA)	g	0.305	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
22:5 n-3 (DPA)	g	0.105	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
22:6 n-3 (DHA)	g	0.146	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Cholesterol	mg	84	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Amino Acids													
Tryptophan	g	0.256	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Threonine	g	1.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Isoleucine	g	1.054	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987

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Leucine	g	1.858	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Lysine	g	2.100	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Methionine	g	0.677	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Cystine	g	0.245	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Phenylalanine	g	0.893	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Tyrosine	g	0.772	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Valine	g	1.178	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Arginine	g	1.368	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Histidine	g	0.673	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Alanine	g	1.383	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Aspartic acid	g	2.341	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Glutamic acid	g	3.413	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Glycine	g	1.097	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987

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Proline	g	0.808	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Serine	g	0.933	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Other													